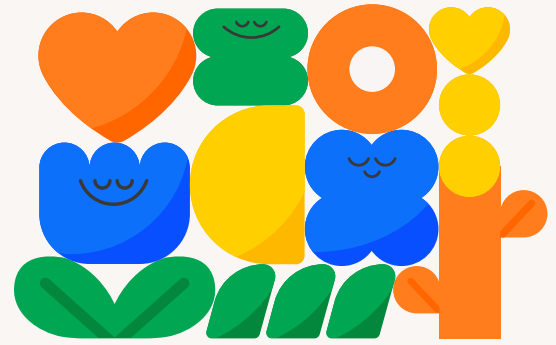


# The workplace appreciation challenge

How many acts of gratitude can you check off by the end of the year?



 → Make a list of 5 or more things you appreciate about the work you do	○ Give a public shoutout to a peer you want to acknowledge	○ Listen to the 10-minute Showing Gratitude meditation in the Headspace app	○ Write a short note of appreciation to a colleague (handwritten or digital)
○ Surprise a teammate with a hot cup of tea or coffee	○ Send a note to someone who supported you in your career (boss, mentor, professor, etc.)	○ Leave a thoughtful LinkedIn review for a colleague you enjoy working with	○ Take the Appreciation Course in the Headspace app (use search to find it)
○ Leave a positive review for a company you've worked for (past or present) on Glassdoor	○ Go on a mindful walk. Bonus points if you listen to Add Some Joy in the Headspace app.	○ Surprise someone with flowers or a plant (in person or delivery)	○ Write down 3 or more things you're grateful for from the last year
Headspace helps increase gratitude and happiness through guided meditations, workouts, sleepcasts, mindfulness exercises, focus music, and more.  Visit <a href="https://headspace.com/demo">headspace.com/demo</a> to get your free demo today.		○ ← Start a gratitude journal in a fresh notebook	○ Spruce up your personal workspace to make it a space you're grateful to work at